

# THE PREPARED FAMILY



"Prepare Every Needful Thing"

April 2000

## Scripture or Quote of the month:

*"Let that resolve be a noble one, a good one; something with a view of benefiting others as well as one's self. Perhaps your sphere may be in the household; if so, let every member feel that you are indispensable to the comfort of home, by your good works and your love and patience. You may be a stay and a comfort and a help to your mother, though you may not be called to herculean tasks or heroic sacrifices. Fix in your minds noble thoughts, cultivate elevated themes, let your aims and aspirations be high. Be in a certain degree independent; to the degree of usefulness, helpfulness and self-reliance, though no human beings can be said truly to be independent of their fellow beings, and there is no one reckless enough to deny our utter dependence on our heavenly Father. Seek to be educated in the highest meaning of the term; get the most possible service out of your time, your body and brains, and let all your efforts be directed into honorable channels, that no effort shall be wasted, and no labor result in loss or evil."* GOSPEL DOCTRINE : [EDUCATION AND INDUSTRIAL PURSUITS: Page 351 ]

## Dry Pack

Dry milk, flour, grains and vegetables

## 72 Evacuation Kit



- ★ First aid kit with manual
- ★ necessary medications
- ★ 100ft. rope per kit
- ★ compass with instructions
- ★ collapsible shovel

## Stock up by the week

- ✓ First Aid supplies: Gauze patches, cotton swabs, cotton balls
- ✓ Pasta- select a variety 5 lbs pp.
- ✓ Dry milk- 75 lbs pp. per year
- ✓ Assemble emergency sewing kit, thread, needles, safety pins
- ✓ Flour- a nice variety is great. 50 lbs. pp



## Gardens/Gardening Tips

from a book I have been reading called, "The All Seasons Gardener"

- 🍷 Take out branches that are broken, dead or diseased and those that rub against each other or are in strong competition with each other.
- 🍷 Remove the whole branch rather than leaving a stub.
- 🍷 Look for branches that droop. They are usually too weak for good fruiting. If these branches are young, shorten them to stimulate growth; if they are old, prune to side branches that are growing in a more horizontal position.
- 🍷 Don't take more than a third of new growth, whether you are pruning a branch or the whole tree or shrub.
- 🍷 If a branch has a vertical fork, it's safest to prune out the top part. Leaving the branch unpruned could lead to a complete split when it is loaded with fruit.

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## Apple Trees

Apple trees bear fruit on trees that are at least two years old. The ideally shaped apple tree has a main trunk, with three to five strong wide angled branches at about 30 cm [1 foot] intervals up the trunk. A one year tree will have only a main trunk, but pruning it to a height of 60 cm [2 feet] will encourage it to produce several branches in its second summer. For the following two years, prune young trees so that their branches reach upward with tips at least 30 cm [1 foot] apart. Make each pruning cut above a bud. Pruning undertaken in the late fall to late winter results in the increase of growth buds, which are small and flat and

produce new shoots, rather than the increase of fruiting buds, which are large and round and produce blossoms. Pruning done from mid-summer to fall reduces foliage, encourages fruit buds to form, and restricts growth.

Cherry Trees

Sweet cherries bear fruit on wood that is at least two years old. Tart cherries bear fruit on one year old wood. In the first three years, prune in early spring before growth begins; the aim is to establish the shape of the tree. After the first five years, little pruning needs to be done. Just remove dead wood, excess growth, and competing branches in the fall. Be sure that the sunlight is getting into the interior of the tree.

**Recipes:**

**BUTTERMILK**

Reconstitute powdered milk as usual. Pour into a mason jar. Add ¼ cup buttermilk per mason jar of milk and blend well. Leave out at room temperature overnight.

**Buttermilk Pancakes**

by Allison Meadows

- 2 cups whole wheat flour (preferably soft white wheat)
- 2 cups buttermilk
- 4 eggs
- 2 tsp. baking soda
- ¼ cup oil
- ¼ tsp. salt
- 1 tsp. baking powder



**Buttermilk Syrup**

(You'll never know how good this is until you try it!!)

Boil the following ingredients for 7 minutes, stirring constantly:

- ½ cup butter
- ½ cup (generous) honey
- 2 T. rice bran syrup or corn syrup
- 1 cup buttermilk
- ½ tsp. baking soda

**Buttermilk Waffles**

- 2 cups whole wheat flour (soft white, if possible)
- 2 tsp. baking powder
- 2 eggs, separated
- ¼ cup melted butter or oil
- ½ tsp. baking soda
- 2 Tbs. honey
- 2 cups buttermilk

Sift together dry ingredients. Combine egg yolks, honey, butter or oil, and buttermilk in another bowl. Add to dry ingredients and mix well. Beat egg whites until stiff, but not dry, and then fold into batter.

Cook on waffle iron. Makes 4 to 6 waffles.

**MIXED GRAIN BREAD**

by Deb clarkg@fidalgo.net

Stir together in large bowl: 7½ cups warm water, 4 envelopes yeast, 1½ cups sugar. Let sit 10 min. Mix in 3 tbsp salt, 6 tbsp oil, about ¼ to ½ cup honey, 4-5 cups whole wheat flour, 1 cup cornmeal, then as much bread flour as you can stir in. Continue kneading in bread flour until smooth. Cover. Let rise till double. Knead. Let sit 10-20 min. Knead again. Shape into loaves or rolls, let rise in greased pan sprinkled with corn meal till double, covered. Bake @ 350 till done. Remove from pan. Brush top with butter. Let cool on rack.

This is a terrific bread recipe. I don't have a heavy duty mixer. I begin mixing it by hand, until I just \*can't\* anymore, then toss it by batches into the bread machine to knead, and bake it in the oven. You can also substitute garlic-infused oil. It makes 8 loaves, so I usually make the dough, then pack ⅛ chunks into plastic bags and freeze it (before the second rising). Sometimes I shape it into rolls or loaves before freezing. Either way, take it out, thaw, shape, rise, bake, and there you go. Or bake it all and be a hero to the neighbors. It's so good that I often bake 2 loaves for my family of 5! With a bowl of soup, it's wonderful. It makes great pizza dough, and cinnamon rolls, too....unless you used garlic oil!

**Gluten Free Recipes**

**SOFT COTTAGE CHEESE**

by Rita Bingham

[www.naturalmeals.com](http://www.naturalmeals.com) Nutrition you can COUNT on!

- 2 c. hot water
- 3 T. fresh lemon juice or white vinegar
- 1 ½ c. dry milk powder

Blend water and dry milk and pour into saucepan (foam and all). Sprinkle lemon juice or vinegar slowly around edges and gently stir over medium heat just until milk begins to curdle, separating into curds and whey.

Remove from heat and let rest 1 minute. Pour into a strainer or colander, rinse with hot then cold water. Press out water with back of spoon. Makes about 1 ½ c. curds. If desired, moisten rinsed curds with a little buttermilk before serving and add salt to taste. Refrigerate if not used immediately. Whey from fresh milk powder can be used in place of water in breads and soups.

Important Helpful Hint: Always spray the inside of a warmed saucepan with lecithin-based spray and re-heat before adding milk to the pan.

### GRAIN AND GARDEN BURGERS

2 c. cooked brown rice                      1/8 t. black pepper  
2 egg whites or 1 egg                      3/4 t. salt  
1/4 c. grated onion                      2 T. red lentil flour  
2 T. grated bell pepper

Mix all ingredients together and drop by tablespoon onto lecithin sprayed skillet. Cover pan and cook over medium-low until browned on both sides. Serve plain, or top with White Bean Gravy.

### WHITE BEAN GRAVY

1 c. hot water                      1 T. white bean flour  
1 t. chicken bouillon or soup base  
1/2 to 1 T. red lentil flour                      dash black pepper

In a small saucepan over medium heat, whisk dry ingredients into hot water until free of lumps. Bring to a boil while stirring, then turn heat to medium-low and cook an additional 2 minutes.

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## Emergency and Family Preparedness

### *TIPS, IDEAS:*

Being prepared for flooding can save you and your family great heartache. Here are some advance preparations that can be done to help.



You will need or have access too the following:  
Water pump, life jackets, boat or raft and sand bags.

To Prepare yourself and family you need to learn in advance where your community evacuation routes are. Learn the location of your local disaster shelters, what the bomb/disaster warning sirens sound like, (these are sometimes used to warn about flash floods and rapidly rising water). Do you and your families know how to turn off the water, power and gas mains to your home? Purchase flood insurance (takes a month or more to go into effect).

What does Flood watch and warning mean?

Flood watch—tells you that your area may become flooded. If this is announced, do the following:

- Listen to the TV or radio for official instructions and information
- Evacuate if you are told to do so by TV or radio or emergency personnel
- If time allows, move furniture important papers, and valuables to a higher floor or safer location. Locate and unplug appliances
- Keep your gas tank at least half full at all times
- Don't forget your 72 hour Evacuation kit for each person

Flood warning— Is very serious. Flooding is taking place now or is on its way, do the following:

- Listen to TV or radio for official instructions and information
- Evacuate if told to
- Turn off gas, power and water to home
- Grab your 72 hour evacuation kits and place in car or other vehicle
- If your car stalls or becomes disabled in the water do not try to restart. Abandon your car immediately. Cars can be swept away very quickly.
- Don't drive through water unless certain how deep it is, and that a solid surface is underneath. Example; you see a bridge and only a few inches of water are over it. Are you sure the bridge is still there? It also may have been weakened so don't attempt a crossing until told to do so by emergency personnel.

After a flood you should do the following:

- Help the sick and injured (learn basic first aid beforehand)
- Follow official instructions
- Don't drink the faucet water or well water
- Contact your insurance agent regarding injuries or property damage

I hope these things will help those who are in flood prone areas, and even if you aren't it will assist in your preparedness for any emergency. You may have to assist others in need.

## FYI

For those of us who like to dye Easter eggs with our children and grand children, here are a few tips to keep your family and friends safe.

When preparing Easter eggs for dyeing:

Raw eggs may be contaminated with Salmonella. Please handle eggs very carefully, watching for cracked shells.

- Wash your hands thoroughly with warm water and soap during every step of the process
- If using hard boiled eggs place them under cold water until cooled
- Once cooled place on clean baking rack or blot dry with uncolored paper towels, don't use cloth towels
- Place eggs in a clean glass or plastic container and get them into the refrigerator immediately (hard boiled eggs will last about one week)
- ☹ Do not put eggs back into original containers, which may re-contaminate the eggs

## Dyeing Eggs

- ☺ Eggs should be well chilled
- ☺ Use food or Easter egg dye for coloring
- ☺ Follow the directions on coloring
- ☺ Place the dyed eggs into a clean glass or plastic container
- ☺ Store in refrigerator until needed

## The Great Easter Egg Hunt

If your children enjoy the hunt, here are some things to remember.

- ☺ Keep the eggs protected from contamination
- ☺ Good places to hide the eggs are safe from pets, birds, wild animal, insects, dirt or lawn and garden chemicals
- ☺ Hard boiled eggs need to be refrigerated as soon as possible after the hunt if you want to eat them
- ☺ Cracked eggs or eggs that have been out of refrigeration for more then two hours should be discarded

Why two hours? Because bacteria can multiply to unsafe levels on eggs when left at room temperature for longer then two hours. This refers to the total time not refrigerated. Some alternatives to hard boiled eggs can be used for the hunt:

- ☺ Use plastic eggs and fill with a surprise such as candy, balloons, toys, homemade gift certificates, like a date with mom or dad and grandparents, or other relatives or friends
- ☺ Make extra hard boiled eggs and discard them after the hunt

There are many different types of Salmonella that are found on egg shells, but Salmonella enteritidis is different because it is

found inside the egg. Salmonellosis, the illness caused by various Salmonella bacteria, is sometimes associated with raw or undercooked eggs or foods containing eggs.

To keep from getting Salmonella poisoning here are some handy reminders.

- ✓ Keep eggs refrigerated at or below 45° F.
- ✓ Cook eggs until both the white and yolk are firm, not runny
- ✓ Use recipes that require thorough cooking of eggs or use pasteurized eggs
- ✓ Do not taste batters or other foods that contain uncooked (raw) eggs
- ✓ Use pasteurized eggs in uncooked or undercooked egg dishes

If you experience these symptoms you may have Salmonella poisoning:

- ☹ Severe stomach pain
- ☹ Sever or persistent diarrhea (sometimes bloody)
- ☹ Headache, chills and fever as high as 105° F.
- ☹ Nausea and loss of appetite

Symptoms generally begin 6 to 48 hours after eating contaminated food and can last from 2 to 7 days. However, not all infected individuals develop illness. Anyone with these symptoms should contact their health care provider. Pets may also carry Salmonella. Such as reptiles, baby chicks, and birds, bunnies, puppies and kittens. Wash well after handling to prevent contamination. Source: WSDH

## Herbs and Spices

- ✿ Dill – A heavy scented plant. Primarily used in making pickles, can also be used in flavoring salads, sauces and cooked foods, the seeds are also found in preserves, cheeses, mushrooms and fish. You can also use dill in dressings. The flowers are sometimes utilized as ingredients for soups and cooked meat dishes. The essential oil is used for flavoring drinks. It is also used by some as a spasmolytic (relieving spasms or convulsions), carminative (stimulating the expulsion of intestinal gases) and emmenagogic (stimulating menstrual flow).
- ✿ Chervil – a Wild and aromatic plant. You can use the young plants or leaves; which contain essential oils, glycosides (a group of compounds yielding glucose or other substance when treated with a dilute acid or when decomposed by an enzyme), vitamins and mineral salts. The young leaves, constituting a very delicate herb with a scent similar to aniseed, are popular for seasoning. They can be chopped for use in soups, flavoring sauces, cheese, salads, fried dishes and meats, or you can make an aromatic

vinegar. This plant has digestive, depurative (purifying or cleansing agent) and stimulant properties.

As with all herbs, remember: everything in moderation. If in doubt consult your doctor.

## Why Be Prepared?

### Being prepared is more than just food storage!

"It is incumbent upon each of us to do everything we can to increase our spiritual knowledge and understanding by studying the scriptures and the words of the living prophets. When we read and study the revelations, the Spirit can confirm in our hearts the truth of what we are learning; in this way, the voice of the Lord speaks to each one of us (see D&C 18:34, 36). As we ponder the teachings of the gospel and apply them in daily living, we become better prepared to receive additional light and truth.

Today, I hope we are prepared and eager to understand what President Gordon B. Hinckley is teaching us, for he, along with the other Apostles, will teach us how to cope and how to live in these troubled times."

(Elder M. Russell Ballard, General Conference, April 1998; see Ensign May 1998)

## Nutritional Helps

Drinking water can be contaminated during floods. You should not drink from wells if:

- ☺ The well or the immediate area around the well has been exposed to accumulations of flood/surface water. In areas where the soil is sandy this includes wells at least ½ to 1 mile from the flooded area.
- ☺ If your well is shallow and has not had direct contact with flood/surface water, but is in the vicinity of accumulations of flood/surface water.

Bacteria in well and municipal waters that have been contaminated need to be treated before use on any person. The following organisms are found in contaminated water:

Coliform – are a group of bacteria that are used as indicators of drinking water quality. These are found in the digestive tract of humans and other warm-blooded animals. Coliform in the water may be a indication of contamination by disease-causing organisms. Bleach or boiling will kill this bacteria.

Cryptosporidium and Giardia – are similar organisms generally found in the same environment that can cause serious diarrheal illness. Both are small parasites found in feces and are commonly found in rivers and streams, especially during flood events. The soil is a natural filter during normal levels.

If ingested, these organisms may cause diarrhea, stomach cramps, vomiting, fever, gas and weight loss or no symptoms. After a person becomes infected with Cryptosporidium, it usually takes 5 to 14 days for symptoms to develop. Giardia infection develops within 7-25 days. Symptoms may last few days to several months. See your doctor if you have diarrhea or stomach cramps that last several days. These are transmitted to other persons, so be careful to always wash your hands:

- ☺ before preparing food
- ☺ after changing diapers
- ☺ when handling pets
- ☺ before eating
- ☺ after using the bathroom

If flooding is imminent, take precautions by storing water and lots of bleach, you will need to wash clothes, walls, floors, appliances, porcelain pieces and dishes with it; to kill bacteria and molds. Source: BFHD

## Family History Helps

If you don't know where a cemetery is you can use the "Red Book" to look up cemeteries that are being used in the United States. You can find this book at most FHC's or your local public library. You can also find mortuaries or funeral homes. Don't forget to check these places out, as they usually have information that can assist in locating information that you may not have otherwise.

### THE BENEFIT OF USING CEMETERY RECORDS

Cemetery records can sometimes be the most helpful, but also the most frustrating, records to use. The first frustration comes when you're trying to find the cemetery your ancestor might be buried in.

The best way to locate cemeteries within the county that your ancestor died (and is most likely buried) is to locate the current plat maps from the County Assessor's Office. These plat maps show the boundaries of farms, towns, and villages. If you look closely at the plat maps, you'll see little crosses, which indicate churches or church graveyards. Locate the ones within ten to 15 miles of where your ancestor lived. Start with the nearest site and work your way out in a circle.

USE MAPS WITH LAND RECORDS

Land records often do not give very accurate descriptions. The legal description might read "from the big rock by the North Creek to the big oak tree on the South River, and then two roads past the railroad." You may need to find old maps of the area in order to locate old railroad lines or creeks whose beds have changed.

LOCATING BURIED TOMBSTONES

When searching abandoned cemeteries for missing tombstones, be aware that most tombstones are spaced evenly in a row, facing east to west. When the ground thaws, the stones typically fall backwards, leaving the footstones underground and the tombstones soon covered with grass, turf, and weeds.

When you go to an abandoned cemetery, take along a metal rod, such as the ones you stick in the front lawn with hooks to hold your summer plants. These rods easily probe the ground for stones. Once you find a footstone, search behind it, in front of it, and to the side until you have all the pieces. You'll find most stones three to four inches under the soil. Lay the pieces out and try to fit them together.

If you want to find other stones, move two to three feet to your left, and then to your right. Remember, most tombstones are buried in rows. And always remember to look for the little oblong footstones.

Physical Fitness

Build bone and strengthen weakened bones: Walking is great for your heart, but may not strengthen bones and fend off osteoporosis. According to Dr. Charles Milgrom, author and associate professor of orthopedics at the Hebrew University Med. School in Jerusalem, "A 60-second run in the middle of your walk should be enough to signal bones to add mass." "You need to subject your bones to more impact than what they're used to. If your inactive start walking. If your already walking, add a 60-second jog; or start increasing by 10 seconds at a time. If running is not your style then do jumping jacks, tennis, swing dance, step aerobics and the like. Anything that puts stress on your bones. Keep up the good work!

Financial Fitness

by Dave Ramsey- <http://www.financialpeace.com>



Author of the best-selling book, "Financial Peace" and recently another book, "More than Enough."

Some reasons for having credit cards all the time: To built up credit (he says you can buy a home if your rent & utilities have been paid on time, and you've had your job long enough), to rent cars (if you call ahead, you can find companies that will take your cash), stuff like that. To increase the payment on your mortgage by even a small amount works wonders! Talking to your bank when you renew the mortgage and ask to increase your mortgage by even \$25.00 bi-weekly . Ask what the payment is on a 25 year, 20 year, even 15 year schedule, which is often only a few \$ more than the payment at the 25 year rate. What banks don't often tell you is you can actually have a 22 year mtg. or 14 year mtg if that's what you can afford (it doesn't have to be in even numbers). We actually took our mortgage from 15 years to 11 years in the first year by using bi-weekly payments and an open variable rate mortgage. Don't be afraid to ask questions at the bank or at your mortgage company! They certainly won't tell you otherwise, as it is money in their pocket.

Source: Lynn

Where to get supplies:

- Costco/Sam's
- Storehouse/Cannery
- Camping Supply Stores
- Nurseries/Seed Suppliers
- Internet Suppliers of your choice
- Local Farmers/Farmers Markets
- URM/Cash & Carry
- Bulk Food Sellers
- Food Co-Ops
- Emergency Supply Houses

